



YOUR RESULTS ARE:

STAGE 1

Healing the Gut & Setting the Foundation

First of all, thank you for being a proactive parent and taking action with my Autism Recovery Quiz. You took the time to do it because you wanted to learn more about what you can do to benefit your child. This helps me understand where you are on the journey and what your greatest current need is, so I can help you better.

Autism can be a symptom, not a diagnosis. It can be a symptom of something *underlying* such as toxins, pathogens, infections, a compromised immune system, and inflammation in the brain. Many things cause the symptoms of autism. It's not just one thing.

This information may be completely contradictory to what “experts”, and non-experts, such as friends and relatives have told you before. Have you ever heard that ...recovery isn't possible? I like to say, “Tell that to my son.”

When my own son was diagnosed with autism I was told to drug him and try behavioral therapies but that there was nothing we could do for him otherwise, except manage his symptoms. Knowing life would be difficult for him (and the rest of our family) living with the symptoms of oppositional defiance disorder, OCD, sensory issues that made it difficult to sit in a classroom, constantly getting in trouble, an inability to focus and concentrate when he is brilliant, have difficulty sleeping, connecting with others, making friends, digestive disorders, and debilitating headaches and stomach aches that would wake him up at 3AM screaming, phew, and the list goes on, but I don't have to tell you, do I? Well, it was enough to propel me into my own research so I could help him feel better, but I got a lot more!

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It took me a decade to figure it out, but today my son is no longer diagnosable with autism. He lives a happy, healthy life free of his once debilitating symptoms. Now I am able to share what I've learned with you as I have for other parents worldwide who wish to help their children live to their highest potential. We know every child's level of recovery is different but all children can improve if you know the right things to do.

You came in at stage 1, Healing the Gut & Setting the Foundation.

I'm going to share some value here with you, but I also want to be sure I tell you that there is MUCH more to this to get the optimum results in autism recovery. I aim to be thorough when I share so nothing important gets left out and you don't fall short of the results you COULD have gotten if you knew the rest of it.

For this reason, I have also created a webinar so that you can learn about **all 4 stages** necessary for your child's optimum outcome. I will share more about that at the end of this guide.

Scientific research shows that genetics account for 10% to 20% of your risk of disease. But here's the good news: The other 80% to 90% is related to your diet and a few other very important factors that are often missed. I will share with you all **five** healthy lifestyle factors that can help your child live to their optimum potential because it's hard to live a quality-filled life when you're in poor health.

Scientists tell us that good health rests on four pillars: a sensible diet, regular exercise, sufficient sleep, and close human connections...but **this is just stage ONE of five important stages**, especially for anyone with autism. It is also much more than diet alone.

Yes, healing the gut begins with a diet that is anti-inflammatory, and starves out the bad bacteria in the gut like candida and parasites, that eat the nutrition from food so your child doesn't get it. This can leave your child malnourished. These pathogens also bore holes in the lining of the gut that cause a further lack of nutrition, but also create food allergies as the toxic undigested foods get into the bloodstream and trigger the immune system.

WHY GLUTEN-FREE IS NOT ENOUGH

I often hear, “*My child is already on a gluten-free/casein-free diet and they’re still not better.*”

Gluten is very inflammatory. It is also sprayed with the toxic chemical called glyphosate which is in the weed killer known as Round-Up. This destroys the lining of the gut. Gluten also creates opiates in the body which make your child literally addicted to it. This is why it is so hard to remove the food from their diet and “picky eating” happens. The foods need to be removed slowly so their body can adjust or you’ll see heightened behaviors. These also come from the bad bacteria dying off, called “die off” reactions.

If the **gluten-free casein-free diet has been done in 100% compliance for at least three months and there has been no improvement** in their symptoms then it is likely that:

- Their gut is not getting what it needs to heal the damage that was done before the diet began
- There is an overgrowth of candida or pathogenic bacteria that needs to be addressed.
- Additional food allergies exist
- Heavy metal, and other toxins such as glyphosate, are preventing healing
- They have gut injuring co-infections such as mold biotoxins, Lyme, and parasites.

JUST BECAUSE IT’S GLUTEN-FREE DOES NOT MEAN IT’S GOOD FOR YOU

People go on the gluten-free diet only to substitute their carbohydrate cravings with different starches. The digestive system is having trouble with more than gluten and casein. The gut flora, (bacteria), is usually so out of balance that it cannot successfully digest starches, but more importantly, the starches and sugars feed the bad bacteria in their gut. This only makes the problem worse. Candida will bore holes in the lining of the gut contributing to leaky gut syndrome.

One thing no one wants to waste is time. If you only remove gluten and casein from the diet there is a strong likelihood that your child’s gut will not get the chance to heal completely. If their gut does not heal, neither will their brain and behavior.

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Leaky Gut

When gluten enters the digestive tract, the immune system reacts by sending out attack cells to fight what it recognizes as a foreign substance. The result from this interaction is a damaged gut lining, also known as “leaky gut”. This damage in the lining of the intestines allows foods passing through to be released, undigested, into the bloodstream. There, they create an allergic reaction causing more inflammation in many organs, including the brain. This is also the basis for autoimmune disease. Gluten reduces the immune system's ability to fight infections, pathogens, and toxic overload.

THE TROUBLE WITH MILK AND DAIRY

Remove cow's milk from the diet. Especially for those on the autism spectrum. Cow's milk is not easily digested by the human body, it is a strong allergen, and it causes inflammation. Most of the enzymes are destroyed during pasteurization, and it can contain harmful pesticides, hormones, and antibiotics. It also creates opiates in the body like gluten does. This makes your child literally addicted to it.

Almond milk or coconut milk are far better choices if the need for a milk-type liquid is desired. Goats' milk is also much easier to digest than cows' milk and may be more easily tolerated if casein has been an issue in the past. This varies per individual.

The Gut and The Immune System

As if that wasn't enough, the gut also controls 80% of the immune system. A weak gut means your child has a lowered ability to fight infections and viruses. The gut also controls the brain because it makes neurotransmitters or brain messengers such as serotonin and dopamine. These are responsible for things like mood stability, proper sleep, appetite control, and the ability to focus. By healing the gut we are creating the foundation for more stability and supporting the body's ability to detoxify. I need to be sure you know about 'die off' reactions (see below) and how to help reduce them and how to handle them when they show up...because they will!

I also know how challenging it is to shift the diet away from the bad foods like dairy and wheat that they are addicted to, so here are a few tips to help this transition.

PICKY EATING

Transitioning your child away from unhealthy foods and to healthy ones can be a challenge. **This is a common issue because they are addicted to the sugars and opiates in them. It is a very slow process to wean them off. Take your time.**

Begin removing all processed carbohydrates and sugars such as dairy, wheat, corn, soy, sugar, MSG, food coloring, and eat only organic.

Foods you CAN have (in a nutshell)

- Organic only!
- Soup, bone broth (best with animal fats) which is very healing to the gut but give low quantities at first due to possible hyperactivity from histamine reactions.
- organic meat, poultry, fish, eggs (if tolerated), and other protein sources, including most nuts (except peanuts).
- Healthy fats to feed the brain such as olive oil, coconut oil, and avocado.
- Non-starchy veggies. See if COOKED vegetables can be tolerated. In the first week, fiber may cause distress.
- Almond milk, coconut milk, goat cheese (if tolerated).
- Fruit is held to smaller limited quantities.

Foods to AVOID: (in a nutshell)

- No processed foods
- Grains, especially gluten,
- dairy,
- corn,
- soy,
- sugar,
- bad oils such as corn, safflower, and other vegetable oils
- ...and of course, no MSG, aspartame, or food coloring.

Grains and sugars feed the bad bacteria in the gut and spark inflammation.

Gluten (wheat protein) and casein (dairy protein) create opiates, inflammation, allergens, toxic to the brain. Gluten is also in shampoos, play-doh, etc. Specific natural supplements are needed to reduce inflammation, support the detoxification and brain-building process further, but only at the right intervals when the body is ready.

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Start with something to help keep them calm:

- Calm CBD Oil before mealtime assists with calming and digestion. May be used topically. Rubbing a few drops on the back of the neck is helpful. (Use code “healthy5” for 5% off of your first order with this company.)

Some suggestions if you’re needing help with instant nutrition due to low food intake:

- Bulletproof Collagen Protein: unflavored powder can be added to any hot or cold beverage, sprinkled on food, added to smoothies and into food processors. Also comes in vanilla flavor. High protein source, not vegetarian. (See podcast on, “The Benefits of Collagen Protein” at NaturallyRecoveringAutism.com/117.)
- The Super Greens from The Good Inside are in a powder form and can be a good way to get additional greens (a vitamin and mineral food source) into your child, and they help alkalize. Muscle test first for body acceptance. Use code “healthy5” for 5% off of your first order with this company.
- Pureed on-the-go nutritious foods from Serenity at, NaturallyRecoveringAutism.com/food.
- Organic hemp powder is easily tolerated in digestion and offers another way to get protein into your child. You can add it to smoothies or mix into any food or beverage. Vegetarian.
- Natural sweetener allowed: Organic green leaf stevia.

Die Off Reactions:

The diet changes can be challenging. Your child is likely addicted to the bad foods, so is the candida in his gut. It needs sugar to thrive. As we pull away the foods the candida lives on, they will begin to die. This ‘die off’ will release more toxins into his bloodstream causing further behaviors. To combat this, be sure you have toxin binders in place.

One of my favorites is Pure Body regular zeolite, (get 5% off with the first order by using code “healthy5”.) Pure Body zeolites are safe and natural. They can be used multiple times daily, with or without food. Two drops every two or three hours can be a good start. These binders help to sop up the toxins and reduce cravings and behaviors that come from the “die off”.

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Extreme Obsessive Compulsive Disorder (OCD) can affect their compliance with any changes, including food. If your child has extreme OCD, anxiety, clinginess, and fearfulness then they are likely in a PANS episode. There are guidelines for this so even though we stabilize first through starting to heal the gut and stabilizing, I need to tell you about coinfections like this one, and more that will be contributing to your child's picky eating and reasons why the gut is not healing.

There are many more very important aspects for you to know about that affect the gut and its ability to heal. They may be contributing to your child not improving. I want to be sure you have all of the education you need so you can help your child get the best results possible. I'll explain more about this for you in the webinar so you understand more about them.

We can do this safely and effectively. I'll show you how.

I have created a free webinar to teach you everything you need to know about all 4 stages of natural autism recovery. I'll tackle each of them, so nothing important gets left out. I won't take you down an incomplete path like I too had once been led astray on. This is about getting the BEST results possible for your child starting today with the first stage: Healing the Gut & Setting the Foundation.

What I offer you is unique because it's an A-Z guide. I'd like to give you a **complete** explanation of the other necessary stages so you're aware of the other important aspects that need to happen so you don't plateau or fall short of the best results with your child's health.

The 4 necessary stages in the autism recovery process:

- **Stage 1: Healing the Gut.** This is first because it lays the foundation for detoxification, supports proper brain function, and improves the immune system. It's much more than diet alone!
- **Stage 2: Heavy Metal Detoxification.** This must be done naturally so those nasty toxins don't reabsorb into your child's system on their way out causing more damage to the brain and worsening behaviors.
- **Stage 3: Clearing the Coinfections of autism.** Mold biotoxins, Lyme disease, PANS (pediatric autoimmune neuropsychiatric disorder), and parasites that keep your child from getting better.
- **Stage 4: Brain Support and Repair.** Supporting brain function naturally, for better ability to focus and stay calm.

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There is a fifth stage too. This is when you've done all the work necessary with the above 4 stages and now you need maintenance to KEEP the health and well-being you've created for long-term stability.

Why?

These 5 essential steps for autism recovery based on my experience with my own son that helped:

- Build a stronger immune system
- Improve communication
- Get better sleep (the whole family functions better with proper rest)
- Increase the ability to focus so it is possible to learn without being distracted
- Greater digestive function (no more stomach aches, constipation or diarrhea)
- Calmer moods (reduce or remove irritability and outbursts for a peaceful home)

When my own son was diagnosed with autism I was told to drug him and try behavioral therapies and that there was nothing else we could do for him, so said the "experts".

Thankfully, I didn't listen to them and forged on to find the answers to the causes that I was looking for. It took me over a decade but today my son's symptoms of autism are all gone. He had debilitating anxiety, OCD, unstable moods, stomach pain, headaches...well, you know, right?

Today he's a healthy, happy college graduate with many friends who leads a productive life. The story can be different for your child too.

You may be wondering if there is hope for a better life for your child, or you KNOW in your heart they can live with a better quality of life. Anything better is better. Having some symptoms of autism is one thing, but the painful and life-altering symptoms are another.

Do you ever wake up at night worrying about your child's future? Yea, I used to do that too. Wondering if he would be able to live independently, or if he would be lonely, or impaired with sicknesses all the time. I said, "no way", and I hope you do too.

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I've made it my mission to help as many parents of children with autism as is possible in my lifetime. Why...because I personally know the challenges and that there is positive proof of the ability for every child to live a healthier, happier, and more productive life than they likely are living right now.

Anything we can do for our kids makes a difference, but it is up to us as their parents. If we don't take action to help them when we can, then they are the ones who miss out. The key is knowing what to do, and HOW to do it.

Skipping all over the internet searching for answers and trying every new practitioner takes a lot of time and money. Let's face it, this can be overwhelming in both areas. The worst part is, we often don't know what to do. I know this from personal experience.

What I'd like to show you is the **entire 4 stage path** that I took my son through so you can have the RIGHT resources to do it more easily, and with less expense, because you have a proven path to follow. There are so many important pieces that get left out all the time, even with those so-called "experts". They haven't personally lived it either.

Well, I have lived it, and I get it. I know what you're going through. We can be honest with each other. It's downright hard! Support is crucial from someone who understands, (I mean REALLY understands), those sleepless nights and fearful thoughts of your child's future, plus the daily challenges of uneven tempers and inability to focus and learn like we know they can but don't know why they can't.

Here's what one mom shared after utilizing the resources I gave her:

*"My family and I can't believe there are **longer moments of peace in the home and I'm not on edge waiting for the next outburst** to abruptly take over at any time of the day or night! I am most happy for my son. You've helped to lessen his suffering! So, I really want to THANK YOU for your recommendations! I am that parent that you are sending this positive experience to regarding my son. I can't wait to see what else of good awaits him."*

I'm here to help YOU now, so let's get started.

**TAKE ME TO
THE WEBINAR!**